



WEIGHT TRAINING MYTHS

A lot of women abstain from weight training exercises due to misconceptions associated with weight training programs. The truth of the matter is that weight training is very beneficial for women and should be done in conjunction with your current cardio program to achieve the best results.

Myth 1: Weight training results in a bulky body

Contrary to popular belief, pumping iron will not make your body bulk up. Many women associate weight training with large muscles because men use weights to increase their muscle mass. However, this assumption ignores one significant detail – women do not produce enough testosterone (the hormone responsible for increasing muscle size) to achieve the bulk look. In reality, weight training will result in a fit, toned body.

Myth 2: Weight training will make you look bigger

It's no secret that muscle weighs more than fat, but what you may not know is that muscle is also denser than fat. In other words, muscle occupies less space on your body; therefore, when you lose fat and gain muscle, you'll actually look slimmer. So instead of worrying about the growing number on the scale, focus on the number of inches shrinking off your waistline.

Myth 3: Cardio gets better results than weight training

Most women fall victim to a cardio-only exercise program. In reality, weight lifting is highly beneficial for women. Weightlifting helps you tone your muscles, raise your metabolism, burn stored fat, enhance strength and reduce your risk of injury.

Myth 4: Free weights are for men, machine weights are for women

Free weights entail using dumbbells and barbells. Machine training involves pulley cables connected to weights or a hydraulic system. If you are going for a lean, slim look, free weight exercises are the better option.

Myth 5: If you stop working out, your muscles will turn into fat

Fat and muscle are two completely different substances, so it is impossible for muscle to turn into fat. Still, you should keep in mind that less of one means more space for the other to fill, so when you stop working your muscles, fat will creep back in and set up shop.

Myth 6: Women should stick to light weights

To make any muscle gains, you need to lift heavy enough weights so that by the last repetition your muscle is exhausted. While the last repetition should be challenging, it should also be easy enough so that you can finish it with good form.

DON'T FORGET TO STRETCH!